

April Wellness News

The importance of sleep

Sleep is an essential, often neglected, part of staying healthy. When it comes to overall health, sleep is as vital as regular exercise and eating a balanced diet. Getting enough sleep can help you:

- Get sick less often
- Stay at a healthy weight
- Lower your risk for serious health problems, like diabetes, obesity, and heart disease
- Manage stress
- Improve your mood
- Focus better and be more productive

The following resources can help you focus on getting more shut-eye.

Resource #1: My Health Rewards by Medica®

Join the Rest and Recharge Challenge (Employees/Contract holders)

Watch for more information in your email soon.



JOIN THE CHALLENGE!

REST AND RECHARGE

Registration Dates: April 1 – 13, 2022

Challenge Dates: April 11 – 25, 2022

Start your day feeling refreshed!

One of the best ways to be healthy is to make sure you're sleeping well. In this challenge, set your own goals and work on your sleeping habits.

Employees must have a registered account with the My Health Rewards program.

Go to the mobile app or sign in to your account at [Medica.com/MHC](https://medica.com/MHC) to get started.



Sleep Guide

Sleep better than ever! Pick a sleep profile, get customized tips, and see all your sleep data in one place.

[Sign in](#) to your My Health Rewards account and visit the *Benefits* tab to find the Sleep Guide. (Don't have a My Health Rewards account yet? [Get started.](#))

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Sleep Well Journeys

Complete a Journey and get on the path to better health! [Sign in](#) to your My Health Rewards account, go to the *Health* tab and choose *Journeys* to get started.

- Calm Your Mind for Sleep
- Get Back to Sleep
- Plan for Sleep
- Set Up Your Room for Sleep
- Sleep for Parents



Resource #2: Omada

Webinar - Pressing Pause: Reducing Stress and Improving Sleep

Omada® helps you build healthy habits that stick, one small change at a time. This webinar will highlight the importance of taking the time to slow down, reduce stress, and focus on quality sleep. Chronic stress can impair your immune system and even one or two nights of quality sleep can help reduce your risk of illness or long-term health concerns. Omada will share some tips on how to take control of your stress and improve sleep habits.

Date: 12 p.m. CT, April 13, 2022. This webinar will be recorded. [Sign up and learn more.](#)